

# FOOD & FAMILY

## Casserole, Salad Tempt Appetites

Fun-foods are by all statistics those being enjoyed the most by people throughout the country. Showing full versatility, fun-foods today are not just used for before and between meal snacks, for which they are perfect, but can and are used as ingredients in a host of different types of basically familiar family dishes.

Now for your late summer entertaining indoors or out, here are two new recipes for 1963 prepared and tested by the home economists of Old London Foods, Inc. Old London's cheddar flavored corn puffs, 'Cheez doodles' are in both easy to prepare dishes for serving at lunch, dinner or supper.

### CHILI CON CARNE

Served on tasty cheddar flavored corn puffs.

- 2 tablespoons salad oil
- 1/4 cup minced onion
- 1/2 small green pepper, diced
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/2 lb. ground lean chuck
- 1 8-ounce can vegetable juice cocktail
- 2 to 3 teaspoons chili powder
- 1 1-pound can red kidney beans
- 1 6-ounce package 'Cheez doodles' (family size)

Heat oil in a 2-quart saucepan. Brown onion and green pepper lightly in hot oil. Add salt, garlic powder, pepper and ground beef.

Cook, stirring until beef is broken into small pieces. Add vegetable juice, and chili powder to taste.

Cover and simmer for 15 minutes. Add beans and heat. Serve on 'Cheez doodles.' Makes 4 to 5 servings.

### CAESAR SALAD

With cheddar flavored corn puffs.

- 1 small clove garlic
- 2 quarts crisp salad greens
- 1/4 cup olive or salad oil
- 3 Tbsp. cider vinegar or lemon juice
- 1/2 tsp. crushed oregano
- 1 Tbsp. minced chives
- 1/2 tsp. salt
- 1/4 tsp. white pepper
- 1/2 tsp. sugar
- 1 raw egg
- 1 cup 'Cheez doodles'

Rub a salad bowl with the cut garlic. Wash greens. Dry them between paper towels and break them into bite-size pieces.

Combine olive oil, vinegar, oregano, chives, salt, pepper and sugar. Arrange greens in the prepared salad bowl. Pour dressing over.

Break the egg into the greens and toss the salad until all traces of the egg have disappeared.

Add 'Cheez doodles' and toss again. Makes 4 to 6 servings.

And for just plain snack use, the same tasty-crunchy 'Cheez doodles' can go with the beverage course—before, during or after the meal, or as crutons with soups



CHOCOLATE CHIP SPICE BARS—Crunchy with glazed chocolate chips and California walnuts, and flavored with spice, you'll find these Chocolate Chip Spice Bars perfect for any occasion—the year 'round.

## Chocolate Chip Spice Bars Will Rate High

Homemakers who keep a "Favorite recipe" file will be happy to add these two chocolate recipes, once they have been tried—and gobbled up!

The chocolate chip spice bars boast a "pass me another" deliciousness... they are a delightful combination of flavors and crunchiness and are great for any occasion. Keep a batch or so on hand... serve them with tall glasses of iced tea or coffee for unexpected guests.

The spice bars make a perfect ending for an elaborate dinner, a patio party, or a late summer beach picnic and also are ideal for lunch-box toting.

The chocolate chip fudge cake is one "for the road" carry it along to picnics in the pan in which it was baked. Better take along a couple of pans, especially if there are ever-hungry youngsters in the crowd, because those squares of delicious "brownie-like" cake will disappear like magic! They are so good with cold milk, with hot coffee, or tea.

### CHOCOLATE CHIP SPICE BARS

1/2 cup butter or other

- shortening
- 1/2 cup granulated sugar
- 1/4 cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup (unsifted) flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/2 cup chopped California walnuts
- 1 package (6-ounces) glazed chocolate chips

Beat butter, sugars, egg, and vanilla until light and fluffy. Blend in flour, soda, spices, and salt. Stir in walnuts. Spread mixture in 13x9x2-inch pan. Sprinkle chocolate chips on top and press down lightly. Bake in moderate oven (375 deg. F.) 13 to 15 minutes, or until lightly browned. Cut into bars. Makes about four dozen bars.

### CHOCOLATE CHIP FUDGE CAKE

- 3 squares unsweetened chocolate
- Water\*
- 2 1/2 cups sifted all-purpose flour
- 1 1/2 teaspoons soda

- 1 teaspoon salt
- 1 cup shortening
- 1 1/4 cups granulated sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 package (5-ounces) glazed chocolate chips

\*With vegetable shortening, use 1 1/2 cups water. With butter or margarine, use 1 1/4 cups water.

Combine unsweetened chocolate and water. Cook and stir over medium heat until chocolate is melted. Cool to room temperature.

Measure sifted flour, soda, and salt; sift together three times. Cream shortening, add sugar gradually, and cream together until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add cooled chocolate mixture and vanilla; blend well. Stir in flour mixture.

Pour batter into 13x9x2-inch pan which has been greased on the bottom. Sprinkle chocolate chips over the batter. Bake in moderate oven (375 deg. F.) 35 to 40 minutes, or until top springs back when lightly touched. Cool and serve from pan.

## Cooking Films Give Secrets of Gourmets

By BEA WEBB  
Southern California Gas Co. Home Economist

Vacations are over, summer's ended and fall's activities are fast approaching. For your social, philanthropic, civic, or religious groups, we think our Gas Company Home Service programs may be just the thing.

Many of you are probably familiar with the "dessert benefit" program the Gas Company offers to women's groups. This activity affords an opportunity for clubs to raise funds for philanthropic or ways and means purposes.

Whether or not fund-raising is desired, the program is offered free of charge to the group—a wonderful way to learn new recipes and see food prepared on the latest modern equipment.

Of course, there's dessert and coffee; cards and tally sheets are provided after the program for those wanting to play bridge.

This year we're offering something new. Two films called "The Art of French Cooking" and "The Pleasures of Chinese Cooking" are available for club use at the Gas Company. The 20 minute films give the "inside story" and culinary secrets of some of the most famed facts from these countries.

Recipes of the foods described in the film are pro-

vided when either of the films is shown.

In addition, dessert and coffee, a short demonstration if desired, and an afternoon of bridge or the use of the auditorium for a meeting, are included.

Several groups have already seen one of the movies and they agreed that this is a terrific way to learn the basics of French and Chinese cooking and at the same time spend an afternoon for fund-raising purposes or just for fun.

These free programs are offered at either the Redondo Beach or Inglewood Gas Company auditoriums. If you'd like more information about them, call the Home Service Department at the Gas Company, ORchard 1-0493 or OSbourne 9-2241, Ext. 301 or 302.

Here are recipes we first introduced in a women's club program several years ago; since then we've had many repeat requests for both of them. Do try the recipes—we're sure you'll enjoy them.

### SWISS BEANS

- 2 pkg. French style frozen green beans
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. sugar
- 1/2 tsp. grated onion
- 1 cup sour cream
- 1/4 lb. swiss cheese, grated

Cook beans just till tender. Drain. Melt butter in a saucepan; stir in flour, salt, pepper and grated onion. Gradually stir in sour cream and cook, stirring constantly till cream bubbles. Add drained green beans.

Put into oiled shallow casserole or pie dish. Top with grated swiss cheese. Sprinkle paprika over top for color, if desired. Bake in modern gas oven at 350 deg. for 15 to 20 minutes.

### DUTCH POTATOES

- 2 slices bacon
- 1 medium potatoes
- 1/4 cup cider vinegar
- 1 Tbsp. sugar
- 2 Tbsp. water
- 2 tsp. dried onion flakes
- 1 tsp. salt
- 1/4 tsp. celery seed
- 1/4 tsp. pepper

In a 10 inch skillet with a tight fitting lid, fry bacon on automatic top burner set at 300 deg. Remove bacon and drain on absorbent paper. Wash potatoes and cut in thirds lengthwise, slicing off a thin layer of peel if necessary to make potatoes lie flat on both sides.

Brown potatoes in bacon fat at 375 deg. Turn off flame. Pour remaining ingredients (which have been blended together) over potatoes; cover and simmer at 210 deg. for 15 minutes.

Test for doneness before removing to platter. Garnish with bacon strips (strips or crumbled).

## COOK OF THE WEEK

Cook of the Week is Mrs. Bing Harris of 971 Sorock Drive whose hobby is gourmet cookery. Once a week she prepares a foreign food, usually at the suggestion of her six-year-old, who has learned to eat everything as a result of routine exposure to exotic foods.

Favorite of the Harris family consists of manicotti, a pasta with cottage cheese and spinach baked in a spaghetti-type sauce, accompanied by sour dough bread, salad, and spumoni ice-cream.

### MANICOTTI

Baked at 350 deg. for 40 minutes. Makes eight servings.

- 1 package (12 ounces) manicotti noodles
- 2 cups (1 pound) cream-style cottage cheese
- 1 package (8 ounces) cream cheese
- 1 package (9 ounces) frozen chopped spinach, thawed and drained
- 1/4 pound liverwurst, diced
- 2 eggs
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 6 cups tomato sauce (from stuffed beef roll)
- 1 package (8 ounces) sliced mozzarella or pizza cheese, cut into triangles
- 1. Cook manicotti noodles, a few at a time, in large amount of boiling salted water, following label direc-

tions; lift out carefully with slotted spoon so as not to break; place in pan of cold water until ready to fill.

2. Mix cottage cheese, cream cheese, spinach, liverwurst, eggs, salt, and pepper until well-blended in medium-size bowl. Heat tomato sauce in medium-size saucepan; keep hot for step 4.

3. Lift manicotti noodles, one at a time, from water; drain. Fill with cheese mixture, using a long-handle teaspoon. (Or fill a plastic bag with cheese mixture; fold to make a cone-shape and snip an opening in one corner. Squeeze filling into noodles.)

4. Arrange filled noodles in rows in a single layer in 16-cup shallow baking pan. Spoon hot tomato sauce over and around noodles; cover.

5. Bake in moderate oven (350 deg.) 30 minutes; uncover; arrange cheese triangles, overlapping, on noodles.

6. Bake 10 minutes longer, or until cheese is melted and bubbly-hot.

Note: To make ahead, cook and stuff noodles. Place in baking pan; spoon tomato sauce over; cover; chill. Remove from refrigerator and let stand at room temperature 30 minutes. Bake, covered, in moderate oven (350 deg.) 50 minutes; uncover. Place cheese on top; bake 10 minutes longer, or until bubbly-hot.

## Heart-Conscious Cooks Can Plan Tasty Meals

By BETTY SELLER

This column will bring you additional help with your meal planning if you or a member of your family are one of the thousands who are on a special diet because of a heart disorder.

Of course, only your physician can prescribe the right diet for you. But, hopefully some of the information and recipes which have been approved by your Los Angeles County Heart Association can help all you Heart-Conscious Cooks prepare more interesting meals for your families.

Patio dining means its time to turn to those delicious menus which combine simplicity with imagination. Because you are following a special diet does not mean that you and your family cannot still enjoy these seasonal treats together.

Why not highlight your menu with Shish Kebab? It is interesting to note that the word Kebab means broil which is one of the very best methods for you to cook your meat. Its companion, Shish, means skewer, which is also the companion to easy cooking.

Perhaps your choice of meat is lamb, which should be free from fat and gristle. Chicken may also be used. Cut the meat into 1 1/2 inch chunks and marinate for several hours in the refrigerator.

Though you may make your own marinade with vegetable oil, vinegar and a variety of seasonings an easy way is to use one of the many Poly-unsaturated French dressings that can be found on the shelves of your market.

Pre-heat your broiler 10 minutes before ready to cook, or perhaps your choice is the barbecue and "just right" coals. Fill the skewers with a variety of vegetables such as quarters of tomatoes, onions, large mushrooms, or green peppers. Broil two to three inches from the heat until tender.

Orange Rice is a perfect dish to try with the Shish Kebab. You will be using several tablespoons of vegetable oil to brown one-half cup of diced celery and three tablespoons of chopped onion, so remember to count your oil allotment for the day.

Cook 1 1/3 cups of packaged precooked rice according to instructions on pack-

age, substituting orange juice for one half of the amount of water. When cooked add the celery and onion and two teaspoons of grated orange rind and one teaspoon of sugar. Salt may be added to taste.

Your imagination takes care of the rest of your patio dining. Fresh fruit and angel food cake are no doubt on your diet for desserts. Don't forget to be careful about your choice of breads and bakery goods. All it takes is thinking before planning your meals and you'll have a menu fit for a king, even if he does have a problem heart.

### QUESTION AND ANSWER DEPARTMENT

Question: What is sodium sulfite?

Answer: Sodium Sulfite is used to bleach certain fruits in which an artificial color is desired, such as marachino cherries and glazed or crystallized fruit. Read the label before you buy if you are on a sodium-restricted diet.

Question: Is coconut oil and chocolate on the list of saturated fats?

Answer: Yes.

Question: I miss the old days of whipped cream, which seemed to lend that extra something to so many desserts. Is there a substitute?

Answer: Why not try one of the powdered milk substitutes which have somewhat the same characteristics as whipped cream.

### SUGGESTIONS OR QUESTIONS?

If you have any recipes or cooking suggestions which have helped you prepare tasty meals for the member of your family with a heart disorder, please send them in so that we can share them.

Questions of a general nature are most welcome. But, please do not ask any specific personal questions which should only be answered by your own physician.

Mail your suggestions and questions to Betty Sheller, Los Angeles County Heart Association, 2405 W. 8th St., Los Angeles 90057, California.

Your association has available three sodium-restricted diet booklets and two fat-controlled diet booklets. A list explaining these five has been prepared so your physician can choose which one would best benefit you. This list can be obtained by writing your heart association.

## Enrollment Open for Cooking Class

Spark your fall dinners by making easy "quick breads" as these:

### SUPERB BAKING POWDER BISCUITS

Ingredients:

- 2 cups flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1/2 teaspoon cream of tartar
- 3 teaspoons sugar
- 1/2 cup shortening
- 2/3 cup milk

Method: Sift dry ingredients; cut in shortening until mixture resembles coarse crumbs. Add milk all at once and stir until dough just follows the fork around the bowl. Pat or roll dough to 1/2 inch thickness; cut with biscuit cutter. Bake on ungreased cookie sheet in hot oven 450 deg. for 10 to 20 minutes. Makes 16 medium size biscuits. For an added flavor treat for these superb baking powder biscuits, try adding one of the following to the mixture:

1. Four slices of crisp fried bacon—after frying bacon, drain well, crumble, and add to dry mixture before putting in shortening and milk.

2. One small sprig shredded parsley—add to dry mixture before putting in shortening and milk.

3. One teaspoon onion juice—add to dry mixture before putting in shortening and milk.

This recipe for superb baking powder biscuits comes from the kitchens of the Culinary Arts Department at Los Angeles Trade-Technical College where it has been tried and tested.

The Culinary Arts Department at Trade-Tech is not only noted for its fine cookery but for its educational programs for future great cooks in chef's training, commercial baking, home catering, and restaurant management.

The two-year program in chef's training guides young men in the modern scientific methods of food preparation and dietary control for hotels and restaurants. During the two-year college program, they learn how to make salads, salad dressings, sandwiches, soups, sauces, stews, pies, puddings, cakes, hot bread, and rolls, and they learn how to prepare all types of meats from broiling a steak to cooking a roast.

How to make the staple,

basic, nutritional foods of every meal is the instruction offered to students enrolled in the Trade-Tech commercial baking programs. Men are also trained as restaurant managers.

Here future bakers learn the skills of processing of ingredients, baking processes and procedures, fillings and icings, cake decorating and baking, and the operation of baking ovens and machinery.

Also, the two-year program in commercial baking teaches young men how to record and store baking supplies and how to calculate mathematically large ingredient recipes.

The ladies get into the act in the Culinary Arts Department at Trade-Tech College in the classes of the home catering section. Not only do they learn how to cook those extra special foods, but they learn how to operate their own business as caterers.

The ladies studying in the home catering classes, who by the way furnished the recipe for the superb baking powder biscuits, learn how to cook a complete meal from onion ring hors d'oeuvres to crepe suzette, as they train for future work in hospital diet kitchens, department store tea rooms, or as caterers for parties where people find they need something extra special in the way of food.

Registration is currently being conducted for classes in all of the programs offered by the Culinary Arts Department.

Enrollment is held daily, Monday through Friday, from 8 a.m. to 9 p.m. in the Trade-Tech Guidance Center, located in the east wing of the administration building at the college, 400 W. Washington Blvd. in downtown Los Angeles.

For further information on classes in chef's training, commercial baking, home catering, and restaurant management held this fall in the Culinary Arts Department at Los Angeles Trade-Technical College, contact the Guidance Center by phone at RI 9-7021, Ext. 220, any day of the week or come in person to the center.

Enrollment for all of the classes in the Culinary Arts Department will be conducted throughout the fall semester until they are filled to capacity with students.